

SERIOUS FACTS ABOUT BREAD

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Wm. H. Thompson, Medical Hygienist
 Counselor.

A serious danger menaces the health of the people of this country. In the numerous alum baking powders there are now being urged upon the public.

There is no question as to the detrimental effects of these powders upon the system. Every Board of Health, every physician, will tell you of the unwholesome qualities they add to the food. Some countries have absolutely prohibited the sale of bread containing alum.

Even small doses of alum, given to children, have produced fatal results, while cases of heartburn, indigestion, griping constipation, *dyspepsia*, and various kindred gastric troubles, the violation of the delicate membrane, caused by the injudicious use of food prepared with the alum or alum-phosphate powders, are familiar in the practice of every physician.

It is not possible that any prudent housewife, any loving mother, will knowingly use an article of food which will injure the health of her household, or perhaps cause the death of her children.

How shall the dangerous alum pow-

ders be distinguished? And how shall the danger to health from their use be avoided?

Generally, alum powders may be known from the price at which they are sold, or from the fact that they are accompanied by a gift, or are disposed of under some scheme. The alum powder sold at a few cents a pound to make, and is often sold at 30 or 35 cents a pound. If more present is given at it, the price may be 30, 40 or 50 cents a pound.

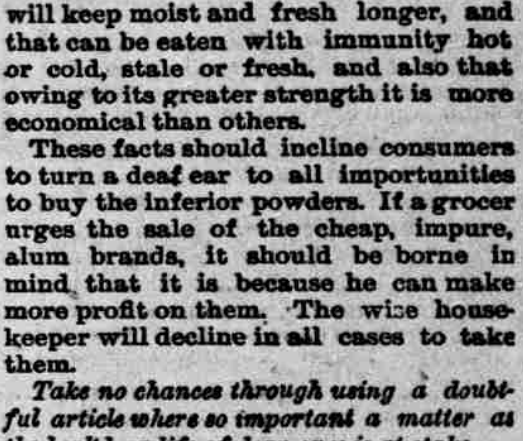
It is impossible to name all the alum powders in the market, but any baking powder sold at a low price, or advertised as costing only half as much as cream of tartar powders, or accompanied by a present, or disposed of under any scheme, is of this class detrimental to health, and to be avoided.

But there are safe and certain ways

fection of our bread, biscuit and cake from all danger of unwholesomeness in the use of the Royal Baking Powder only. This powder is mentioned because of the innumerable reports in its favor by high medical authorities, by the U. S. Government, and by the official chemists and Boards of Health, which leave no doubt as to its entire freedom from alum, lime and ammonia, its absolute purity and wholesomeness. While its use is thus a safeguard against the poisonous alum powders, it is satisfactory at the same time to know that it makes the whitest, lightest, sweetest and most delicious food, which

not a prohibitive tax left in it.—St. Louis Republic

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the health or life of dear ones is at stake.

"Don't wait for me," said the boots to the beaver hat. "Why not?" asked the hat. "Because it's your business to go on a head," replied the boots.

A "RUN DOWN" and "used-up" feeling is the first warning that your liver isn't doing its work. And, with a torpid liver and the impure blood that follows it, you're an easy prey to all sorts of ailments.

There is the time to take Dr. Pierce's Golden Medical Discovery. As you are expending more energy than you are taking in, you need a tonic to build up the needed flesh and strength, restore the normal circulation, and induce healthy action, purifies and enriches the blood.

second time as president of the United

A Powerful

up by the sea or be blown away by the

**A Powerful
Flesh Maker.**

A process that kills the taste of cod-liver oil has done good service—but the process that both kills the taste and effects partial digestion has done much more.

Scott's Emulsion
stands alone in the field of fat-foods. It is easy of assimilation because partly digested before taken.

Scott's Emulsion checks Con-

**sumption and all other
wasting diseases.**
Prepared by Scott & Borne, Chemists,
New York. Sold by druggists everywhere.

**D! BULL'S
COUGH SYRUP**
THE GREAT
Salvation Oil "Kills all Pain."
Try it! Only \$1.

I AM SO HAPPY!

3 BOTTLES **OF** **SSS**

Relieved me of a severe blood trouble. It has also cured my skin to grow out again, as it had been falling out by the handful. After trying many physicians in vain, I am so happy to find a cure in S.S.S. O. H. ELSTER, Galveston, Tex.

6 CURES **OF** **SSS**

By using one course of S.S.S. and the poison is well out. It is entirely vegetable and harmless.

Treatise on Blood and Skin needed here.

SWIFT BRINKS Co., Ashland, Mo.